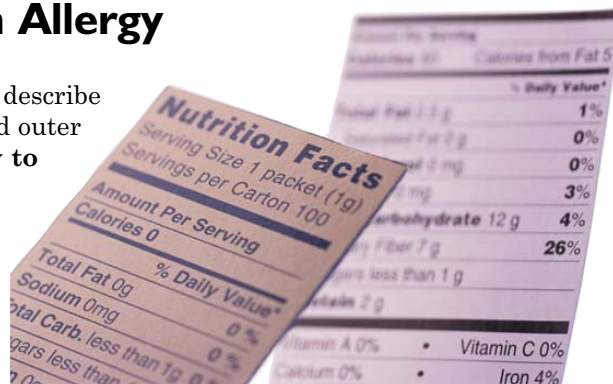


Reading a Label for Shellfish Allergy

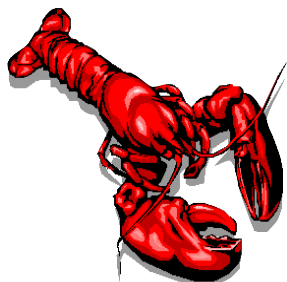
Shellfish allergy is very common. Shellfish is a word used to describe a group of marine animals we eat. Most shellfish have a hard outer shell. **Allergy to shellfish does not always mean allergy to fish.**

The Food Label

Shellfish is required to be listed on the Nutrition Facts food label. The label will either say “shellfish” in the ingredient list or say “contains shellfish” below the ingredient list.



The following ingredients **contain shellfish and are not safe.**



- Abalone
- Calamari
- Clams
- Cockle
- Crab
- Crawfish
- Lobster
- Mollusks
- Mussels
- Octopus
- Oysters
- Prawns
- Scallop
- Shrimp
- Snails (escargot)
- Squid

The following foods or ingredients **may contain shellfish**. If there is shellfish in the product, it will be listed on the label. You may also check with the product maker to be sure.

- Bouillabaisse
- Cuttlefish ink
- Fish stock
- Flavorings (natural or artificial)
- Seafood flavoring
- Surimi

The following foods **do not contain shellfish and are okay to eat.**

- Carrageenan (a marine alga used in foods as an emulsifier, stabilizer, and thickener)
- Iodine or radiocontrast (iodine allergy and shellfish allergy are not related)

Cross-Contamination

Shellfish can accidentally get into foods. This is called cross-contamination.

Examples:

- Any food served in a seafood restaurant
- Some people may have trouble from cooking odors or from touching fish or shellfish
- Some people may also have trouble walking through a fish market

Eating Out

Shellfish protein can become airborne when cooking. People with reaction to shellfish should not eat at seafood restaurants.

